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This study has been approved by the Conjoint Health Research Ethics board Ethics ID: REB14-1710



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# Calgary metro

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**metroNEWS**



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to disclose**

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JENNIFER FRIESEN/FOR METRO

NAME:

**Cyusa,  
Melchior**

SUBJECT:

**Rwandan  
Genocide  
survivor**

FOUND IN:

**MRU's  
Living  
Library**

## Police push for changes to drug act

**ADDICTION**

**Fentanyl users  
struggle with  
'insufficient'  
protection**



**Lucie  
Edwardson**  
Metro | Calgary

The Calgary Police Service says it's considering recommending changes to The Protection of Children Abusing Drugs Act (PChAD) to deal with the fentanyl crisis.

Alberta Health Services says PChAD allows a legal guardian to ask the court for a protection order to force a child into rehab for 10 days.

Mary Ann Zamko, whose daughter Jaidyn's life was

claimed by fentanyl, said the PChAD lets parents and their children down during their most vulnerable times.

"It needs to be tougher," she said. "As a parent, you're trying to help your struggling child and when they say, 'Well, 10 days is all we can do,' that's ridiculous."

CPS seems to agree. "Current legislation permits a 10-day protection order, which is insufficient to properly address addiction-related issues with drugs such as fentanyl," reads the force's report.

Health Minister Sarah Hoffman said the government is working with AHS, health providers, communities and law enforcement on the problem.

"I would encourage Calgary Police Services to share their feedback with us so we can look into this issue further," she said.

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## IN BRIEF

### Uber OK'd in Edmonton

Edmonton city council has approved a bylaw that will allow ride-sharing companies like Uber to operate legally. The bylaw, which takes effect March 1, includes two licences: one for ride-sharing companies, called private transportation providers, and the other for taxis. Mayor Don Iveson said the bylaw is a result of demand for more choice.

THE CANADIAN PRESS

### Man charged after autopsy reveals death a homicide

A charge of manslaughter has been laid in the recent death of a man on a southern Alberta reserve.

RCMP at Cochrane say Wilfred Junior Amos, a 28-year-old resident of Morley died at a home on the Stoney Nakoda First Nation early last Friday morning. An autopsy done two days later in Calgary determined the death was a homicide.

Gavin Bearhead has been remanded in custody.

THE CANADIAN PRESS

### RCMP charge driver that collided with school bus

The driver of a vehicle that collided with a school bus north of Edmonton has been charged with impaired driving. Two of eight students were treated in hospital for minor injuries.

RCMP say a car went through an intersection last week on the Buffalo Lake Metis Settlement near Boyle, hit the bus and sent it spinning into the ditch.

THE CANADIAN PRESS

# Family overwhelmed with support after fire

MAHOGANY

## Community pitches in with fundraisers and donations



**Helen Pike**  
Metro | Calgary

It's been keeping Jayden Wright up at night.

"I can't get it off my mind," she said.

The fire that ripped through her classmate's home in Mahogany last week, eating up clothes, toys and family memories, has spurred a remarkable reaction from young Jayden. After tossing and turning, the second-grader has decided to step up and help her friend by raising money.

"I'm very sad because her house set on fire, and I keep on thinking about it, so I wanted to start a fundraiser," she said. "I'm trying to give her some clothes from me and some toys."

Jayden will be collecting bottles from her community every weekend and eventually donate money raised to her classmate and her family.

Her mom, Jessica Wright, joked that the goal ranges between \$250 and \$250,000, but that every little bit will help the family get back on their feet.



Jayden Wright will have to collect a lot of milk jugs to reach her funding goal. HELEN PIKE/METRO

"I'm pretty proud that she really wants to help out, because it affected her quite a bit," Jessica said.

This is just one example among countless initiatives Matt Wock said his community has started to help the family out. From the moment his family escaped the fiery home, he said neighbours were rushing to put clothes on his family's back and helping them put their mind at ease when it came to immediate needs.

"As the fire was still going on we had people pulling us into our homes, giving us coffee, trying to comfort us in any way," Wock said.

"We've been completely overwhelmed in what we've encountered here since it happened, it's quite amazing."

From there the school sent a letter home for parents, his daughter's dance studio has been collecting donations — and a keyboard has been donated to replace the lost piano

so music lessons can continue. The family is in a hotel in the process of finding a place to rent while they sort everything out. But Wock said these selfless acts have allowed them to get back to their routines.

"People have been just working tirelessly," he said. "As bad as this is, my wife and I both agreed on this, we said if you have to have something like this happen to you, Mahogany, I would say, is the best community to ever be in."

CMHC ASSESSMENT

## Housing market hurting



**Brodie Thomas**  
Metro | Calgary

Canada's housing authority is warning of two "O" words for the real estate market in Calgary: overvaluation and overbuilding.

The Canadian Housing and Mortgage Corporation (CMHC) released its first-quarter market assessment Wednesday and, thanks to those O words, its view of Calgary was not optimistic.

"The evidence of overbuilding has increased since the previous assessment in Calgary, Saskatoon, Regina, and Ottawa due to either higher vacancy rates, high inventory of new and unsold units, or a combination of both," said Bob Dugan, CMHC's chief economist.

Dugan added that "inventory management" is becoming more important, but controlling how many homes are for sale at any give time is virtually impossible, according to Allan Dwyer, assistant professor of finance at Mount Royal's Bissett School of Business.

"This isn't a centrally planned economy," Dwyer said. "If anything, this is the wild west."

He said pushing the envelope is the norm in Calgary, and there is no way to co-ordinate developers — nor should there be.

"There also is an unfortunate flip side to that, which is when you have weak conditions in the economy like we do now, those same builders who benefit from the strong economy when things are looking good, they really do get hurt."

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# Transgender church leader responds to bishop's letter

## EDUCATION

### Faith, gender expression can co-exist, says youth director



**Aaron Chatha**  
Metro | Calgary

If you were expecting an apology from Bishop Frederick Henry about his stance on Alberta's new gender guidelines, in his own words, "that's simply not going to happen."

Henry has released a follow up to his previous pastoral letter, in which he called for an outright rejection of the proposed guidelines, stating, "God created beings as male and female ... in his plan, men and women should respect and accept their sexual identity."

In his follow up letter, Henry stated he has received considerable support for his statements.

"Nevertheless, there were a few 'nay-sayers,'" he continued. "Some have called for my resignation, others have resorted to unpublishable name calling, and of course, there were several references to the famous catch-all these days, 'Who are you to judge?'"

Henry said only God can judge the state of the human soul, but reluctance to judge moral behaviour

is the consequence of moral subjectivism.

Pace Anhorn, a transgender program director with Young Queer Church, said the letter shocked him.

"He's telling us not to judge him, but in a sense, he's turning around and judging us too," said Anhorn.

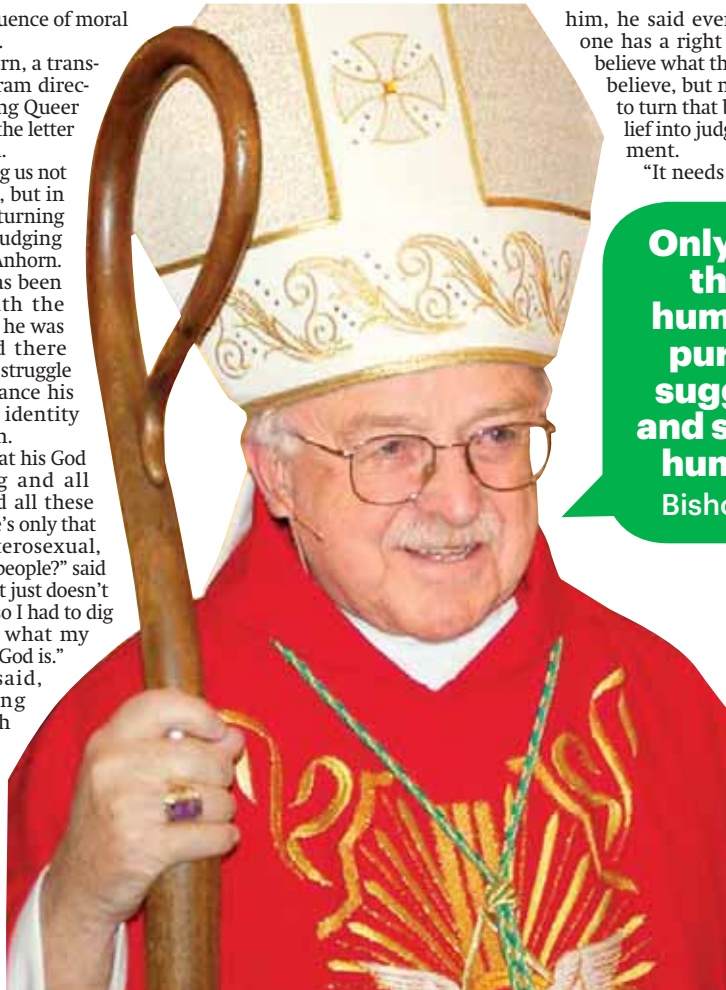
Anhorn has been involved with the church since he was 14, and said there was a bit of a struggle trying to balance his own gender identity with his faith.

"We say that his God is all loving and all knowing and all these things, but he's only that through heterosexual, cis-gendered people?" said Anhorn. "That just doesn't make sense, so I had to dig further into what my view of what God is."

Anhorn said, after leaving the church for a time, he came back to be part of an authentic faith community.

For those who judge

COURTESY: CATHOLIC  
DIOCESE OF CALGARY



him, he said everyone has a right to believe what they believe, but not to turn that belief into judgement.

"It needs to

be turned into love," he said. "You might have a point of view, but you haven't walked in my shoes, experienced my journey, and you can't really say to me what I'm saying isn't authentic."

Marni Panas, transgender

**Only God can judge the state of the human soul but it is pure nonsense to suggest we cannot and should not judge human behaviour.**

Bishop Frederick Henry

advocate, said she is concerned that opinions like Henry's could inspire a backlash against a very vulnerable group of people.

"We are not trying to change church doctrine," she said. "We are not trying to force the church to change its definitions. One can be Catholic, one can be a leader in the Catholic church, and still love and welcome a transgender person. In fact, isn't doing so the more Catholic thing to do?"

Education Minister David Eggen said he plans on meeting with Catholic leaders in February.

## BIG WINTER CLASSIC

### Music fest a boost to local scene



**Jeremy Simes**  
For Metro | Calgary

With cold brews and intimate crowds, Adrian Urlacher hopes the city's newest winter festival eases your winter blues.

It's the first time Broken City and Last Best Brewing & Distilling are teaming up to host the Big Winter Classic, a music — and sudsy — festival that's, well, one big party, according to Big's founder Urlacher.

And the patios will also be heated, though it looks like Calgary won't dip into minus temperatures over the weekend.

"We really wanted to celebrate Calgary all year-round," Urlacher said. "Winter is perfect — most of us are here, and we need something to celebrate."

In fact, it isn't the first time Urlacher launched an event like Big.

In 2013, he held a similar festival at The Ship & Anchor. He said it turned out to be quite a success, but he got married and became a tad busy.

"It was sort of a test run," he said with a laugh.

Stephen A. van Kampen, singer/songwriter with Savk, remembers the 2013 event at the Ship.

"It was frigidly cold," he said. "I think our instruments were out of tune, but it was laugh — everyone was in their parkas, drinking their ciders. It was one of the most memorable shows I played."

The event will showcase 55 bands from Thursday to Saturday. Passes are almost sold out and more information can be found at [bigwinterclassic.com](http://bigwinterclassic.com).

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## EDUCATION

# Alternative schools pique special interest



**Aaron Chatha**  
Metro | Calgary

Deadlines to enrol students in the Calgary Board of Education's alternative programs is fast approaching and, while some are so popular a lottery system determines which students get in, others are struggling for registrations.

Kathy Cross, whose Grade 12 daughter attends Juno Beach

Academy, said parents have been trying to raise awareness of the program, which did not have a Grade 7 class this year due to the low number of registrations. The school focuses on Canadian history and military.

Cross said the program not only offers a place for kids with an interest in Canadian history, but also a strong community for kids who feel they don't fit in.

Sheila McLeod, director of CBE Global Learning Services, said alternative programs allow

kids to dig deeper into subjects they may be passionate about. The most popular programs are the French immersion and Spanish bilingual.

"We know research is really clear around brain development and future success around students who take on a second or third language," she said.

Lia Haus has two children in the German program at Bowcroft school.

"After they finish certain levels within the program, they

take these special exams and it rates their fluency in it," she said. "If they get a certain mark, then they can study internationally. They could go to the University of Berlin — it costs less than a Canadian or American university."

Bowcroft School is hosting a German showcase on Feb. 3, and Juno Beach is holding an open house on Feb. 4. Deadlines to enrol in non-language programs are Feb. 10, and language programs are March 1.



Dr. Andrea Hull takes a blood-pressure reading at **Calgary's Mosaic refugee health clinic**. JENNIFER FRIESE / FOR METRO

## Refugees get special help

## MOSAIC CLINIC

### Participants kick in from own pockets right now



**Jeremy Simes**  
For Metro | Calgary

Though one Calgary clinic is allocating more resources to serve the city's incoming Syrian refugees, Jayson Shenher is confident the provincial and federal governments will fund extra costs that may incur.

"We're spending a lot on overtime, incidentals and over-the-counter drugs," said Shenher, executive director of the Mosaic Primary Care Network. "We're redeploying resources from existing programs to meet demand."

Mosaic has been running over capacity for some time, he added. Normally, the clinic serves about 1,000 refugees per year. But with the influx of Syrians, they're helping an additional 1,500.

He said the clinic anticipated more privately sponsored refugees would enter the country. Rather, there's an "overwhelming" influx of government-sponsored refugees.

Shenher said The Margaret Chisholm Resettlement Centre — operated by the Calgary Catholic Immigration Society — is at capacity with government sponsored refugees, so many

are staying at the Travelodge Hotel in the city's south.

"They're very sick," he said. "They're coming down with lots of really bad flus and all the things that are going around."

Until Syrians new to Alberta receive their provincial health card, they are covered by the Canadian government's Interim Federal Health Program for up to one year. AHS has five resettlement centres in Alberta.

He said the PCN has put 12-hour nurses on each site, accompanied by support staff. The PCN also runs a walk-in clinic at both places two times a week.

"We're working with the Children's Hospital, urgent care, Sheldon Chumir ... it's all hands on deck," he said.

Shenher said the PCN is currently tallying costs to determine how much it's spending, as some staff are being shuffled from certain programs to help out.

"I'm not worried about (not getting funded)," he said. "Everybody is trying to keep track of these costs and add them up."

"As long as we're providing health care, we're doing the right thing," he said. "I have money. I'm drawing on resources and I know that if I was running short on money I could call on the government."

“

**Everybody is trying to keep track of these costs.**

Jayson Shenher

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## OKOTOKS

## Man tried to grab 8-year-old: RCMP

Okotoks RCMP are warning residents of a suspicious person who attempted to grab an eight-year-old girl.

Around 8:30 a.m., the girl was walking down a footpath towards Crystal Shores Drive, when a man in his 20s began to chase her. The man attempted to grab her, but was unsuccessful, and the girl ran to a nearby residence to seek the help of an adult.

The man is described as being in his 20s, medium build, between 5'10" and 6'2", fair-skinned with blue or green eyes. He was wearing black

pants, a dark green hoodie with full zipper and a black bandana that obscured his face. The hoodie had a large and distinctive black X mark on the back.

Police are asking anyone with information to call the RCMP immediately, and recommending children walk in groups and notify adults or police if approached by suspicious persons.

The Foothills School Division has also sent a notice out to parents, stressing the importance of student safety. METRO

## LETHBRIDGE SCHOOL DISTRICT

## Plan to drop basic education fees OK'd

A southern Alberta school division plans to drop all basic school fees starting this fall.

The Lethbridge School District approved a motion this week to do away with fees for middle and high school students.

Fees at the elementary level were scrapped five years ago.

Supt. Cheryl Gilmore says the move should ease the burden on parents and won't compromise the district's finances, because cost savings have been made elsewhere.

Fees will still be applied to optional courses that require materials over and above basic supplies.

Alberta's NDP government had promised to reduce some school fees in the spring budget, but the finance minister has since said all programs are now under review because of low oil prices.

Lethbridge's Holy Spirit Catholic Division was expected to vote on its school fees at a board meeting Wednesday night. THE CANADIAN PRESS

## CRIME

### Police seek man who exposed himself in Airdrie

Airdrie RCMP received a report of a male exposing himself on Wednesday afternoon. According to police, a family was shopping at an Airdrie business when they noticed the male following

them in another aisle. It was then the male exposed himself. The suspect is described as Caucasian, approximately 6' 5" and 30 years old with dirty blond short hair, and a dirty blond beard. He was wearing round glasses, and a black sweater. METRO



Logging roads and old seismic lines create open invitations for off-road vehicles into Alberta's backcountry. The Alberta Wilderness Association says human activity needs to be curbed. COURTESY KEVIN VAN TIGHEM

# Watersheds are in peril: Wilderness association

## ENVIRONMENT

## City's water threatened by off-road vehicles

**Brodie Thomas**  
Metro | Calgary

Kevin Van Tighem is worried about the water Calgarians use every day.

The author and conservationist is one of 50 individuals and organizations putting their names on a document released by the Alberta Wilderness Association, which calls on the provincial government to protect the watersheds of Alberta's Eastern Slopes.

Van Tighem said the primary concern is ever-growing use of off-road vehicles through the wilderness in the slopes, but development and logging are other problems.

He's quick to note that it's not a battle between hikers and off-roaders. Instead it's a land-use issue. How is the government zoning land, and how are they policing it?

"A lot of off-road users share these concerns," he said. "It's about getting motorized recreation right."

Stephen Legault, program director for the Yellowstone to Yukon Conservation Initiative, said the problem of off-road vehicles has got much worse in the 25 years he's been travelling into the country.

He said he used to go to wilderness areas outside national and provincial parks, but

**“It's about getting motorized recreation right.”**  
Kevin Van Tighem

now he's been pushed into the parks almost exclusively for recreation.

He's especially concerned about the Castle Special Management Area, which has some park protections but still allows off-roading.

"This place is overrun with off-road vehicles," he said. "The trails have been chewed up and destroyed. Creeks are muddy and the fishing is bad."

He said the ground all along the eastern slopes is getting disturbed, and much of that mud and sediment is ending up in

ivers such as the Bow, which ends up in Calgarian's homes.

Van Tighem notes that off-road vehicles are prohibited from driving into creeks, but there's really nothing to stop them. He said part of the solution might be to have designated off-road trails that are maintained.

Shannon Phillips, minister of environment and parks, was unavailable for an interview but did provide a written statement in response to the Alberta Wilderness Association's call for action. "Protecting the headwaters, as well as critical fish and wildlife habitat, is a priority as we move forward with our park management process for the Castle area," wrote Phillips. "We will continue our dialogue with these different groups as we develop our park management plan."

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# Where stories come to life

## EVENT

## Tales told by people instead of books at Living Library



**Jennifer Friesen**  
For Metro

By the time he was in the second grade, Melchior Cyusa sensed that something wasn't right in his home of Rwanda.

He remembers sensing it as his teachers began to ask students to stand up and identify themselves as Hutus or Tutsis. It wasn't long before the conflict morphed into a genocide, and nine-year-old Cyusa, a Tutsi, lost his parents and five siblings.

"It was fear — fear every day," he said. "Thinking of living afterward was not in my thoughts — I was waking up every day thinking that I might die."

Cyusa was on the run for three months — but he survived.



Melchior Cyusa told his story of survival at the first annual Living Library at Mount Royal University. JENNIFER FRIESEN/FOR METRO

On Wednesday morning, he shared his story with a string of listeners at Mount Royal University's first Living Library event.

In the Living Library, stories are told by people instead of books. Guests checked out the "real-life books," sitting with them for 15 minutes and lis-

tening to their life story.

Monique Verhoef, Diversity and Human Rights co-ordinator at Mount Royal, said the Living Library is a way for people to

have more "meaningful" connections to the stories that exist in their own communities.

"It's such a wonderful way to bring people's human stor-

**“For most people, genocide might just be a story. But to us in Rwanda, it was a horrible time which nobody thought could happen again.”**

Melchior Cyusa

ies to life," she said. "People come from lots of different places and have had different experiences shape them, so to have that face-to-face encounter with somebody builds this interpersonal connection."

This year's living book collection consists of 11 individuals who faced struggles ranging from vision loss to breast cancer to incarceration.

Cyusa was one of the real-life books, titling his story "The Way Home."

The Rwandan genocide took place in 1994 during the Rwandan Civil War, resulting in an estimated 800,000 to one million Tutsi deaths at the hands of Hutu extremists. After coming to Canada in 2008, Cyusa said he struggled when talking about his experience, but believes sharing his story is a part of his journey.

"For most people, genocide might just be a story," he said. "But to us in Rwanda, it was a horrible time which nobody thought could happen again. I think that programs like this are designed to help people understand the whole meaning of 'never again.'"

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# Strangers linked by mystery disorder

## HEALTH

### Athlete learns of rare genetic mutation by woman's call

Canadian hurdler Priscilla Lopes-Schliep can't forget the phone call. A woman from Iowa rang her up and claimed they might share a rare genetic condition.

Lopes-Schliep still recalls that Sunday in February 2014 when the caller said, "I looked you up on the Internet and I saw pictures of you."

That caller, Jill Viles, 41, has spindly arms and legs and needs a motorized scooter to get around because her muscles are too weak.

Lopes-Schliep, on the other hand, has powerful muscles all over her body. The 33-year-old former hurdler won an Olympic bronze medal in 2008.

What rare condition could they possibly share?

What triggered the call was a picture of Lopes-Schliep in her running gear, showing her powerful build. The photo was noticed by Viles' sister and set

in motion the unlikely events that would tie Viles and Lopes-Schliep together.

For years, Viles pushed doctors and researchers for answers to her health problems. Viles suspected she might have lipodystrophy, a rare genetic disorder, characterized by fat accumulating in the neck, face and pelvic areas.

She had already been diagnosed with a rare gene mutation-related ailment, Emery-Dreifuss muscular dystrophy, which causes extreme muscle weakness and joint stiffening.

During the phone conversation on Feb. 2, 2014, the two shared their histories — similar stories about being teased about their veins while growing up, the loss of body fat. Lopes-Schliep's interest was piqued.

The two women would meet the following April at the Westin Harbour Castle hotel in Toronto. They spent the afternoon together, with Viles' mother and Lopes-Schliep's young daughters in tow.

Then came a big ask: Viles wanted Lopes-Schliep to get tested for the suspected mutation.

The runner says she didn't feel pressured and agreed be-

cause "sometimes you have a feeling in your gut."

Later that year, Viles tracked down Dr. Abhimanyu Garg, a professor of internal medicine and metabolic disease at the University of Texas Southwestern Medical Center. Garg, a leading expert in lipodystrophy, agreed to conduct genetic screening to check for the condition.

The tests confirmed both Viles and Lopes-Schliep have lipodystrophy.

The discovery of the genetic link the women share is credited for saving Lopes-Schliep from a pancreatitis attack due to her condition. Garg called Lopes-Schliep to warn her she was on the verge of a pancreatitis attack because of the high level of fat in her blood, a symptom of lipodystrophy.

"My jaw dropped," the runner says. That's because her cousin had a pancreatitis attack about a year earlier and spent almost two weeks in hospital, much of that time being fed through a tube.

Lopes-Schliep says she's eternally grateful that Viles had the courage to reach out. As Viles sums it up: "It's been an amazing journey." TORSTAR NEWS SERVICE



**1** Former Canadian Olympic hurdler and bronze-medal winner Priscilla Lopes-Schliep has something in common with Iowa mom Jill Viles: different mutations on the same gene. CONTRIBUTED **2** Viles with son Martin. CONTRIBUTED **3** Lopes-Schliep competes during the 60-metre hurdles race in Sherbrooke, Que., in 2012. THE CANADIAN PRESS

## LGBTQ ISSUES

### U of A adds third gender option



**Alex Boyd**  
Metro | Edmonton

Students applying to the University of Alberta will soon have another option beyond male and female when disclosing their gender: "Another/prefer not to disclose."

"It makes the point to really say, 'We include you,'" said Cody Bondarchuk, with the student union, who campaigned on the issue when he ran for student ofice last year. "Talking to the stu-

dents who felt like they didn't feel included was really heartbreaking."

Bondarchuk said that while gender data is useful for demographics, students shouldn't have to disclose if they don't want to — and the change is part of a larger move to make non-binary students feel more welcome.

At this point the new, third option appears only on the paper application form, so university staff can input data manually and override the gender settings.



**Bondarchuk**  
KEVIN TUONG/  
FOR METRO

Acting associate registrar Norma Rodenburg said this is the first step in changing the way the university organizes its records. Gender is currently used by computerized systems to search student records and prevent things like duplicate profiles, which has made it difficult to remove it entirely, she said.

"But the longer goal is changing our reliance on the data points that we're using to manage our records," she added.

## SYRIAN CRISIS

### Tories skirted UN refugee rules

Released documents paint the clearest picture to date of how the Conservatives' controversial approach to Syrian refugee resettlement played out last year.

The prior government had originally committed to take in just 1,300 Syrian refugees. Former prime minister Stephen Harper had been under intense pressure to increase that total, but only agreed to accept 10,000 more, provided that religious and ethnic minorities were prioritized.

The policy was contentious.

The vast majority of the refugees are Muslim. The decision to hone in on "religious minorities" prompted allegations the government was biased against Muslims and was violating UN principles of refugee resettlement.

The refugees Canada accepts for resettlement are chosen by the UN. They do not use ethnicity or religion as a basis for determining whether someone requires resettlement.

But documents tabled in the House of Commons this week show a workaround. Visa offi-

cers were instructed to track "areas of focus" for refugees, including whether someone was a member of a vulnerable ethnic or religious minority, the documents say.

They applied that criteria to the files they received from the UN. "Cases meeting at least one of the areas of focus were identified for expedited processing," the documents say. "Cases that did not meet the areas of focus were included in the mission's inventory and processed as a regular case."

THE CANADIAN PRESS

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## HUMAN RIGHTS

# France passes terminal sedation bill

France's Parliament has approved a bill that will let doctors keep terminally ill patients sedated until death, but stops short of legalizing euthanasia or assisted suicide.

After years of tense debate over the issue and a long journey through Parliament, the bill was passed by the country's lower house and Senate Wednesday. The text is the result of a consensus of Socialist and conservative lawmakers.

The new law will allow pa-

**“Everyone must be able to decide how to live the very last moments.”**  
Alain Claeys, co-author of bill

tients to request “deep, continuous sedation altering consciousness until death” but only when their condition is likely to lead to a quick death. Doctors will be allowed to stop life-sustaining treatments, including artificial hydration and nutrition. Sedation and pain-

killers will be allowed “even if they may shorten the person's life.”

The bill will also apply to patients who are unable to express their will, following a process that includes consultation with family members.

The methods can involve

medicating patients until they die naturally of their illness or until they starve. Some doctors, however, say it may be more humane to euthanize.

“Everyone must be able to decide how to live the very last moments,” Socialist lawmaker Alain Claeys, co-author of the bill, said in a speech at the National Assembly. “Our text has one purpose: fighting a ‘bad dying’ that still happens too often in France.”

THE ASSOCIATED PRESS



Mothers of missing girls kidnapped in 2014 from their school in Chibok, react during a rally in Abuja. PHILIP OJISUA/AFP/GETTY IMAGES

## Bombers kill 9 in market

## NIGERIA

### Locals believe Boko Haram responsible for deadly attack

Five female suicide bombers exploded in the Chibok hometown of Nigeria's kidnapped schoolgirls on Wednesday, killing nine people and wounding 32, witnesses said.

Soldiers were searching the northeastern town late Wednesday for two other women seen with the bombers and also suspected to be strapped with explosives, according to teacher Emmanuel Cosmos.

A man at the scene said the blasts, with shrapnel zapping through the air, began when soldiers stopped a young woman covered in a hijab for a routine search at the entrance to the open-air, roadside vegetable market in the northeast Nigerian town. She

blew herself up. Then three women already inside the market exploded in quick succession. Another blast occurred at a military checkpoint at the entrance to Chibok, according to witnesses and community leader Tsambo Hosea Abana.

Residents blamed Boko Haram, the Islamic extremist group that kidnapped nearly 300 Chibok schoolgirls in April 2014.

Dozens escaped but 219 remain missing. Chibok is a Christian enclave in Nigeria's predominantly Muslim north.

The plight of the girls brought Boko Haram international attention. The failure to rescue the schoolgirls contributed to the election defeat last year of former President Goodluck Jonathan.

The militants have said some of the girls have converted to Islam and threatened to sell them into slavery. It also said some have been married to its fighters.

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### IN BRIEF

#### Prosecutors: Marathon bomber remorseless

Prosecutors, in newly released court documents, allege that Boston Marathon bomber Dzhokhar Tsarnaev showed “the opposite of remorse”. Tsarnaev was convicted last year and sentenced to death for the attack that killed three people and injured more

than 260. THE ASSOCIATED PRESS

#### Italian minister criticizes censorship of nude statues

Italy's culture minister has called the decision to cover up naked statues at a Rome museum where Iranian President Hassan Rouhani was visiting “incomprehensible.”

THE ASSOCIATED PRESS



# Trump still holds the cards

## IOWA CAUCUS

### Debate snub ensures all eyes remain on GOP frontrunner

Once again, Donald Trump steals the show.

The billionaire Republican's decision to tangle with Fox News and skip the final presidential debate before Iowa's kickoff caucuses all but ensures that he — and he alone — will dominate the conversation in the closing moments of campaigning in 2016's leadoff state.

It's a move that for any other candidate would probably be viewed as unpresidential. But for Trump, it's more likely to serve as fresh evidence that he's successfully redefining the art of presidential politics.

Instead of appearing on the debate stage Thursday night, Trump said he will host an event at the same time to raise money for wounded veterans.

The move puts the other seven Republican participants in an awkward position. Attack the



Republican presidential candidate Donald Trump, left, and Fox News Channel host and moderator Megyn Kelly are pictured. Trump isn't backing down from his threat to boycott Thursday night's GOP debate after calling Kelly a "lightweight" and biased. THE ASSOCIATED PRESS

party's absentee front-runner and provide him with even more attention? Or ignore him, and leave voters wondering what they think of the national Republican front-runner's hardball play just days before the Feb. 1 caucus?

"I think, you know, the media's been handled by him," said New Jersey Gov. Chris Christie, one of Trump's rivals for the Republican nomination. "Folks have allowed him to do things that no other candidate's ever been allowed to do in American

presidential history."

Trump's presidential run has been defined by such moments. He's questioned whether Arizona Sen. John McCain is worthy of being called a war hero, graphically criticized Fox News anchor Megyn Kelly and



**At the end of the day, Mr. Trump is going to have the last laugh.**

Corey Lewandowski, campaign manager

unveiled a widely condemned plan to bar Muslims from the United States.

Each led his rivals, political professionals and pundits to predict his undoing. But instead, Trump has maintained his support in the preference polls he loves to tout — a reflection of his ability to capture the feelings of a Republican electorate deeply skeptical of the party's establishment and of the country's news organizations.

"Every candidate has the right to decide not to participate in a sanctioned debate," said Steve Duprey, the official in charge of the Republican National Committee's debate efforts. "Time will tell whether this works to his benefit or hurts his campaign." THE ASSOCIATED PRESS

## SOCIAL MEDIA

### Matador sparks outrage

A Spanish bullfighter took his five-month-old daughter into the ring with a charging bull just six months after he was "gored" while performing and nearly 22 years after his father died from bullfighting injuries.

Francisco Rivera Ordóñez's daughter, Carmen, was born on Aug. 19. Just ten days earlier, her father was hospitalized after being "gored in the groin by a bull" on Aug. 11.

The Ombudsman of Andalusia referred the image, posted to Ordóñez's Instagram account, to Spanish prosecutors.

The image initially provoked furor on social media, lead by animal activists such as comedian Ricky Gervais, who tweeted: "Mental, dangerous & cruel. With or without a baby."

Ordóñez followed the original message, which spoke of Carmen's "debut", with a post apparently showing him in his father's arms in front of a charging bull, alongside the caption: "History repeats itself."

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# Canadian clothing retailers struggling

**APPAREL**

## International competitors take up 'huge market space'

Le Château has become a penny stock, Reitmans is trading at less than \$4 and Danier Leather is at \$1.35, signalling a lack of confidence in Canada's few remaining publicly traded apparel retailers.

"It isn't a big club in Canada, that's for sure, and it's a shrinking club," said Phil Lichtszal, partner and lead of the Retail Consulting Services Group at Richter LLP.

"If we look back over the past 20 to 30 years, there is no question that these domestic retailers are very heavily challenged with the entry of international competitors like Zara, H&M and Forever 21, which have taken up huge market

space and share in very little time."

On the horizon loom new competitors: Nordstrom, Simons and Japanese retailer Uniqlo.

Canadian retailers need to be more innovative, said Mark Lee, professor at Ted Rogers School of Retail Management. "Internationally, Canadian brands aren't as strong as others in the world. No one is jumping on a plane to buy at Le Château or Holt Renfrew."

A big problem with some retailers is sameness of product, said Lichtszal.

"If you're selling the same-old same-old in terms of experience and same-old same-old in terms of product, that is not a good mix."

The good news for troubled Canadian retailers is that the lineup of U.S. retailers trying to get into the market has vanished in the wake of Target's failure.

TORSTAR NEWS SERVICE



A Le Château store in Toronto. TORSTAR NEWS SERVICE

**VIRTUAL CURRENCY**

## Banks eye Bitcoin

The virtual currency Bitcoin has earned a reputation as a plaything for libertarians or a tool used to covertly buy drugs on the Internet.

But more recently the technology underlying the currency — referred to as "blockchain" or "distributed ledger" technology — is being touted as the next big thing poised to transform the financial services industry.

In order to prevent themselves from being blindsided, Canadian banks are jumping on board, exploring ways the technology can help streamline their processes. The technology that underpins it now promises to improve the banking experience.

THE CANADIAN PRESS

**RIDESHARING**

## Edmonton first city to legalize Uber



After a marathon debate, councillors have passed a bylaw that will make Uber legal in Edmonton, making it the first city in Canada to legalize the ridesharing service.

In an eight to four vote, council passed a new bylaw that would allow Uber — or any other ridesharing firm — to operate legally, provided they have sufficient insurance and register with the city.

Councillors Dave Loken,

Brian Anderson, Tony Caterina and Mike Nickel were those opposed.

Loken said the company's illegal operations for more than a year made it feel like council was rewarding bad behaviour.

"They have complete ignored our laws. They have continued to operate without regard to what we're trying to do here."

Mayor Don Iveson said the bylaw was a step forward, even if it wasn't perfect. "It enables innovation rather than constrains it. It enables competition rather than constrains it," he said. "More choice is good for Edmontonians."

**AUTO SAFETY**

## Exploding airbag possibly killed another driver

The driver of a 2007 Honda Civic died last year in India, according to Takata documents posted Wednesday by the U.S. National Highway Traffic Safety Administration. An inflator exploded in the crash, but authorities in India have not determined the cause of death, according to the documents. If the inflator was the cause, it would be the 11th person killed worldwide by Takata air bags. But Honda spokesman Chris Martin says Indian authorities found that other injuries from a high-speed crash were the most likely cause of the driver's death.

THE ASSOCIATED PRESS

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## JOHN HONDERICH ON POSTMEDIA'S PAUL GODFREY

**Let him make his case about the state of the industry. And let him attack (Torstar). But get your facts right, Paul. That's the least we should expect from the CEO of a newspaper chain.**



There you go again, Paul. Trifling with the truth about the newspaper industry.

Paul, of course, is Paul Godfrey, CEO of Postmedia, the newspaper chain that just announced the merger of newspapers in Vancouver, Calgary, Edmonton and Ottawa and the laying-off of 90 more staff.

The move has sparked a firestorm of criticism and Godfrey seems to be out on a speaking blitz arguing his case. One of the major bones of contention has been the virtual control of the company by New York hedge funds, Golden Tree in particular.

Godfrey spoke Monday to

the C.D. Howe Institute and has given separate interviews.

There is one major point he has been emphasizing, to what end is not clear. Here's how he put it.

"If it wasn't for Golden Tree Asset Management, this chain may not be in existence today, because there were no Canadians who stepped up to buy (the papers)... People should be happy that at least somebody (bought) the newspapers and kept a lot of people employed."

Really, Paul?

What he is referring to is the process in 2010 when a bankrupt CanWest was forced

to put its big city newspapers on the trading block.

The New York hedge funds, with Godfrey as their front, eventually won the day.

Were there any Canadian bidders? You bet.

How about Torstar, of which I am the Chair of the Board? And we are Canadian.

We submitted a bid of approximately \$800 million and in fact, we announced so publicly on May 3, 2010.

I did a Google search and

there were at least 20 stories in the Globe, Marketing Magazine, Canoe, J-Source, and the Star about our bid. It was

public knowledge.

And how about Birch Hill Equity Partners, another Canadian firm?

Led by David Samuel and involving former

Osprey owner and longtime newspaper proprietor Michael Sifton, Birch Hill also put in a bid. Again, everyone in the process knew about this.

So where were you, Paul?

And what about those subsequent chats you and I have had about that process and what unfolded? Have you forgotten?

And while we're at it, what about your bald statement that Golden Tree is only an equity player and not involved in the company's staggering debt?

Postmedia's own Management Information Circular, posted on its website, states clearly, "Golden Tree and certain investment funds to which it serves as an investment adviser own Variable Voting Shares and a portion of the first-lien (debt) and second-lien (debt)."

Seems pretty clear to me.

In the same speech, Godfrey attacks the Star's tablet initiative, which is entirely his prerogative. And let him make his case about the state of the industry. And let him attack us.

But get your facts right, Paul. I think that's the least we should expect from the CEO of a newspaper chain.

**John Honderich** is a former publisher of the Toronto Star. He is chair of Torstar's board of directors.

## ROSEMARY WESTWOOD

metroview

**This may be the worst January ever, but soon it will be dead.**

I have a friend who, if she had to pick a last meal, would pick a dinner party.

There would be several courses and kinds of cheese, and a signature cocktail — something stiff nicknamed "The Reckoning" or "Denouement."

Only a handful of things (outside actually dying) could keep her from attending a dinner party, but January is on the list. This January, in particular.

She didn't concoct an excuse. She just wasn't feeling like herself, hadn't been for a few weeks, and thought it best to hide in a hole until it passed.

I might have been more alarmed if that didn't sound just like January, this particular January, to suck your own sense of self right out of you.

Just a few days earlier, another friend for whom crying is decidedly out of character — akin to humility on Donald Trump — admitted she burst into tears in public. In a café. Sitting at the bar as the baristas pulled espressos, "crying in their faces."

I can't remember a January feeling quite this bad. Yes, it is a notoriously terrible month. Last week we hit the saddest Monday of the year — a title with little scientific merit, but seized nonetheless by public officials holding open houses on seasonal affective disorder.

January's also dubbed

divorce season, and new research from one U.K. law firm suggests that's because couples hold out over December to avoid ruining the holidays. Another friend who works in investment management noted a lot of clients tend to die in January, having similarly fought through the end of the year. That might also explain why obituaries of famous people have been headlining newscasts for weeks.

My sample size for those currently suffering from worst-January-ever is admittedly small, female, and early 30s. So maybe it's about being at an age when you feel you should be a fully formed human with a fertility plan and topped-up RRSP, so what are these emotional diapers doing here?

Never mind, January. I'm onto you. You can drape dull, shapeless clouds over grey skylines. You can sink us into unending evening blackness and strip away the little greenery left in the city. You can soak the west in daily rain till even bones feel damp, and leave us all with the sense that we'll never be all that we can be in 2016, even if we joined the army.

But in just a few days, you'll be dead, January. And eventually, so will winter. And even if we have to hide in a hole until it passes, we're going to feel like ourselves again. Soon.

### THE MICROTREND: XO Canada



How you swap spit may have more to do with your postal code than your partner's preferences. According to a new survey, the way Canadians kiss varies widely from province to province. British Columbians are three times more likely than average to go for a long kiss, and Albertans are most willing to dump a bad kisser (22 per cent would, versus 17 per cent of their B.C. neighbours). And — quelle surprise! — Quebecers love French kissing most of all. Forty-seven per cent said they prefer tongue, while only 24 per cent of chaste Maritimers do; the Canadian average is 38 per cent. (It should be said that the study smacks of self-interest: It was done by a company that makes cosmetic lip filler). However, it is true that kissing is cultural. A 2015 study of 168 ethnic groups around the world found that, far from being universal, only 46 per cent practiced romantic kissing at all. If you're one of those who is not interested in kissing for the purposes of love, perhaps you could get into it for the immune challenge: You impart an average of 80 million bacteria to your partner with every smooch. SOURCE: EMERVEL

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# Falling into forbidden love

MODERN ROMEO AND JULIET

## Story exposes Afghanistan's patriarchal terrorism

Henrietta Walmark  
Metro | Canada



Rod Nordland, international correspondent at large for the New York Times, thinks Canada would be the very best place for Afghanistan's Romeo and Juliet.

The veteran journalist was Kabul bureau chief for the NYT in March 2014 when he first wrote about Zakia, then 18, and Ali, 21, the young Afghan couple who risked all for love. Nordland's story about the defiant lovers who went into hiding to escape death threats from Zakia's family, captivated readers around the world. The American newsman wrote more than a half dozen follow-up stories about the star-crossed pair over the next year.

So why revisit their story in book form now, Nordland was asked in a phone interview from New York on Tuesday, the day of the launch of *The Lovers* (HarperCollins, \$33.50).

"There was no way I could do justice to it through newspaper stories," he says. "It was just very liberating to be able to say everything I thought there was to say about not



The Hindu Kush region on the outskirts of Kabul offers few hiding spots for Afghan lovers on the lam. MANJUNATH KIRAN/AFP/GETTY IMAGES

just their story but the lessons that their experiences have for women in general in Afghanistan."

He hopes the book, subtitled *The True Story of How They Defied Their Families and Escaped an Honor Killing*, will garner so much attention that it will inspire or shame someone in authority to help the couple who are still holed up in Afghanistan; someone in a Western government who



would be willing to bend the rules a bit to give Zakia and Ali asylum.

Canada's new government



**If we turn our backs on them, they won't have any hope at all.**

Rod Nordland, author of *The Lovers*, says of Afghanistan's women

has made Nordland hopeful of what he calls his "best-case scenario" for Zakia and Ali. "In the United States, we say to a

refugee, OK, after we finally let you in after years and years, now we're just going to let you sink or swim, you know it's up to you," he says. "Whereas Canada gives people more of a safety net and literacy training and language training that this couple very much needs."

Nordland brings Zakia and Ali's romance vividly to life — it's easy to fall under the spell of the impetuous yet devoted couple.



But he moves *The Lovers* beyond that narrow narrative to locate their love story in the harrowing reality of what it means to be female in Afghanistan today.

"Some of those stories are pretty horrifying," he says. "It doesn't get much worse than the story

of Brishna, the 10-year-old raped by her mullah [a religious leader]. Her family tried to arrange to marry her [to her rapist] and was supported by the president of the country."

Though Nordland admits he's felt at times that there is nothing anyone will ever be able to do about the situation in Afghanistan, he adds that we can't just say a pox on all their houses.

"There are women in Afghanistan whose expectations of a better life and freedom from this patriarchal terrorism they live under have been raised. They really do have a lot of hope for the future. If we turn our backs on them, they won't have any hope at all. In the end, as discouraging as the whole picture is, we need to try to do something about it."

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# Freewheeling dreams of a 1960s Halifax man

THE MOTORCYCLIST

**George Elliott Clarke pens book inspired by father's diary**

**Sue Carter**  
For Metro Canada



When George Elliott Clarke's father died in August 2005, the loss hit him harder than he ever imagined. Their relationship had been strained and, like many children, Clarke never felt he really understood who his dad was.

So when his dad bequeathed him his diary, Clarke found an opportunity to get to know his parent in a real way. But it took the Toronto author and poet many months before he felt emotionally ready to open the journal, which covered 1959, the year Clarke was conceived. Therein he discovered a father

he had never known — a self-taught artist who loved women and his motorcycle in equal measure, trying to make the best of his life living in economically depressed and racially tense Halifax.

Most importantly, Clarke discovered a man “who was vulnerable, uncertain about himself and indecisive,” completely dissimilar to the overly confident father with whom he would constantly argue. This young man would form the core of Carl Black, the lady-killer protagonist in Clarke's new novel, *The Motorcyclist*, published by HarperCollins.

Clarke, who was recently appointed the Canadian Parliamentary Poet Laureate, is the most prolific and well-regarded documenter of the East Coast African community. His 2001 poetry collection, *Execution Poems* — about his cousins, who were hanged in 1949 for the murder of a New Brunswick taxi driver — won the Governor General's Literary Award and introduced many readers out-

side of Atlantic Canada to an often overlooked black history. (Clarke later adapted their story into the novel, *George and Rue*.)

About 13 years ago, Clarke says he changed his creative process by reading his words aloud while writing. For *The Motorcyclist*, which pounds like a drum or the revving of an engine, Clarke recited each sentence, often twice, trying to “figure out the cadence, rhythm and musicality of a line.”

The biggest challenge in writing the book, says Clarke, was getting some distance from his dad's story. He imagined what it must have been like to be part of the “On the Road generation” — immersed in the freewheeling beatnik spirit of Allen Ginsberg or Jack Kerouac, but remaining confined by geography and economic realities. His father's generation came of age just before the advent of the pill, where sexual experimentation meant the risk of unwanted pregnancies, and, often worse, marriages.

“How did those aspirations for greater freedom or liberty

translate into the milieu of the Maritimes?” asks Clarke. “These were relatively small cities and folks, who may not have travelled very much or had much education, which was certainly true of the black community.”

While much of Carl's journey comes from his father's life, Clarke says he is a composite character made up of the experiences of young Nova Scotian men of the era. “Carl became a way for me to explore a well-read young man with an interest in the wider world,” says Clarke, “and how he navigated the somewhat narrower byways and highways of Halifax and Nova Scotia.”



George Elliott Clarke says it wasn't until his father died and bequeathed him his diary that he had an understanding of the man. CONTRIBUTED

ARCHIVES

## Lost Beatrix Potter set to be published

A newly discovered story written more than a century ago by the cherished British children's author Beatrix Potter will be published in September, Penguin Random House announced Tuesday.

The Tale of Kitty-In-Boots, a story about a black cat that leads a double life, was found two years ago by Penguin Random House publisher Jo Hanks.

Potter is best known for *The Tale of Peter Rabbit*, which has sold 45 million copies and been translated into 36 languages. The publication of the newly-uncovered tale forms part of this year's celebrations marking the 150th anniversary of her birth.

Hanks found a reference to the story in an out-of-print literary history of the author.

Hanks delved into the Potter archives held at the Victoria and Albert Museum in London and discovered the 1914 manuscript.

“Potter fully intended to publish it. She'd written it twice, rewritten it, polished the manuscript and then had it typeset and started to lay it out in a proof dummy,” Hanks told BBC radio.

The next stage would have been to illustrate it.



A 1904 edition of the *Tales of Beatrix Potter*. AFP

“Then World War I began, she got married and she was very intent on building her farming business. Those interruptions took over and meant she never went back to the tale,” said Hanks.

“I think it's the best of Beatrix Potter. There's humour, there's rebellious characters. During the story we meet a couple of interesting villains.”

An older Peter Rabbit makes an appearance, while old favourite Mrs Tiggywinkle the hedgehog also turns up.

### BOOK BRIEFS

#### The Lie Tree wins Costa Book of the Year

The Lie Tree, a Victorian mystery for young readers, has won Britain's Costa Book of the Year prize — a rare triumph for youth fiction at a major literary prize.

Author Frances Hardinge said she was surprised and delighted to receive the \$50,000 prize Tuesday night. She said that “sometimes children's fiction is seen as a bit lightweight, in a way that I think is not deserved.”

Open to writers from Britain and Ireland, the prize selects a champion from winners in five categories: novel, first novel, biography, poetry and children's book.

#### Designer Norma Kamali working on beauty book

Fashion designer Norma Kamali is teaming with physician Dr. Jingduan Yang on a book about looking and feeling young.

HarperCollins Publishing announced Tuesday that it was releasing *Facing East: Ancient Health + Beauty Secrets for the Modern Age*. The book is scheduled to come out March 1. THE ASSOCIATED PRESS

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**MUSIC BRIEFS**

**Rihanna releases *Work* single featuring Drake**  
Rihanna announced via Twitter the release of a new track featuring Drake from her upcoming album *Anti*.

The release comes amid rumours that the full album will be available as early as Friday. *Anti* was originally expected



to be released last year but has been repeatedly postponed. In 2015, three singles by Rihanna made the Billboard Hot 100: American Oxygen, Bitch Better Have My Money and FourFiveSeconds in collaboration with Kanye West and Paul McCartney. *Anti* will be Rihanna's eighth album. AFP

**GLAAD AWARDS****Banner year for visibility**

The Danish Girl is up for a GLAAD Media Award in a year where a record number of nominees feature transgender characters and subject matter. The gay, lesbian, bisexual, queer and transgender advocacy group announced the 101 nominees for its 27th annual honours on Wednesday.

Academy Award contenders The Danish Girl and Carol are up for outstanding wide-release film alongside Dope, Freeheld and Grandma. The awards hon-

our outstanding images of the LGBTQ community in music, movies, TV and journalism.

"This year's nominees have raised the bar for creating thoughtful and diverse LGBT images and story lines, deepening audiences' understanding of LGBTQ people and accelerating acceptance across the world," said GLAAD President and CEO Sarah Kate Ellis in a statement.

The awards will be presented this spring in Los Angeles and New York. THE ASSOCIATED PRESS



**Writer and creator of *Girls* talks about her favourite books.**

GETTY IMAGES

**Dunham's top 3 reads****READING LIST****Girls' creator recommends**

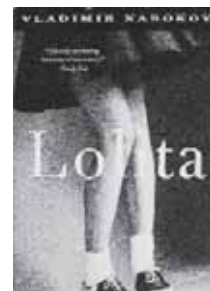
Lena Dunham, Emmy and Golden Globe-winning creator of HBO's *Girls* (Season 6 launches April 24) tells us about three books that have influenced her.

**1 Wallflower at the Orgy by Nora Ephron**

They're beautiful, funny personal essays that are really important to women and also great journalism. So it's a huge one for me. I dedicated my own book to Nora. She was a close friend of mine and obviously a huge influence to me and to everyone who was lucky enough to meet her. She was so supportive of me writing my own book, *Not That Kind of Girl: A Young Woman Tells You What She's Learned*.

**2 Lolita by Vladimir Nabokov**

It's just a beautiful, important novel, although it's previously been wrapped up in scandal. But when you read it, it's got a very strong morality to it. And in a lot of ways it sides with this young female character, Dolores Haze, despite being narrated by a man, and that's an unusual perspective. It still feels really modern because the use of its language feels modern and the story is fascinating.

**3 Sula by Toni Morrison**

It's another that is a big deal for me. I loved the book and the way that it explored relationships between women and issues of identity for women. And it was just really influential to me in my teenage years. I'd suggest that anyone would benefit and be entertained by reading these three books.



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# Groundbreaking hit show changing TV rules

THE 100

## Sci-fi series has female leaders, sexual fluidity, social analysis

In an industry where ratings seem to be decreasingly relevant and the value placed on social media engagement is high among network bigwigs, few series have taken Instagram and Twitter by storm like Vancouver-shot series *The 100*.

Based originally on the trilogy penned by Kass Morgan, the apocalyptic series follows 100 delinquent minors from a space colony low on resources who travel to a nuclear-riddled Earth to see if it is habitable. A Lord of the Flies-inspired social experiment ensues as the teens learn to navigate the land and fend off attacks from those who made a home there after the thermonuclear cataclysm.

Since its 2014 premiere, *The 100* has strayed far from the original source material, creating a world in which LGBTQ and female role models shine through unlike few other shows on television.

Here's a look at how the CW series, also available on Netflix Canada, is poised to continue breaking boundaries and offering up strong social commentary in its third season.

### The LGBTQ characters

In the Season 3 premiere, main character Clarke (Eliza Taylor) is intimate with another female. According to showrunner Jason Rothenberg, that scene was intentionally designed to solidify Clarke as a bisexual character without needing a debate or dialogue about her sexuality as part of the storyline. That



Actors Eliza Taylor, Marie Avgeropoulos and Adina Porter star in the CW sci-fi series *The 100*.

RICHARD SHOTWELL/INVISION/AP

silence speaks volumes about accepting gender fluidity and sexuality without explanation.

### The female leaders

Having a character the media can describe as a "strong, powerful woman" isn't a new thing; in fact it could be overrated. But having several complex female role models who are respected in their communities, able to interact with each other, battle with the best of the dudes and define their own sexuality certainly is. While there is an equal mix of gender on *The 100*, it's been Clarke, Lexa (Alycia Debnam-Carey), Octavia (Thunder Bay, Ont.'s Marie Avgeropoulos), Raven (Lindsey Morgan) and Abigail (Paige Turco) who have saved the day on numerous occasions, standing up for their beliefs and being treated like true equals.

### Social commentary

If at their core humans are self-destructive, *The 100* doesn't shy away from that belief. History is

often repeated on the series, and the pros and cons of ideologies explored, from communism and dictatorships to leaders with the power to expel entire populations. In keeping with the current American political climate, the third season features a Donald Trump-type character with some scary ideas about how to best serve his people, even if it means spreading hate and prejudice for his own gain.

### War games

Throughout two seasons, war has been a large part of the show, as the "Sky People" (those who came from the colony) have battled various "Grounders" (those who inhabited the Earth after the nuclear event). Each season has focused on one particular war with a common enemy, showcasing the strategies and sacrifices involved. Certainly, TV series have taken greater risks with character deaths since *Game of Thrones* and *The Walking Dead*, but this show isn't

afraid to show what true sacrifice looks like in the name of the greater good. It also showcases the effects of those decisions; if a character is hurt, physically or emotionally, they aren't cured the next week.

### Social media love

Although the show has garnered online attention from fans, part of that success is due to the off-screen antics of the cast and producers. The stars are quite active on social media, following along with fans during live broadcasts. Meanwhile, the show's writers' room also has official Twitter and Tumblr accounts in which the scribes interact with fans, sharing plenty of insider tidbits and photos to enhance the viewing experience. If the passionate, growing fan base is any indication, it's a move more networks should endorse in the near future as they look to different audience metrics to measure success.

AMBER DOWLING/TORSTAR NEWS SERVICE

## JOHANNA SCHNELLER WHAT I'M WATCHING

### The personal side of international affairs

**THE SHOW:** *Madam Secretary*, Season 2, Episode 12 (CBS/Global)

**THE MOMENT:** The Incisors

U.S. Secretary of State Elizabeth McCord (the fabulous Téa Leoni) is trying to leave the office. Her chief of staff Nadine (Bebe Neuwirth) stops her. "I'll be going with you to Myanmar tomorrow instead of Jake," Nadine says.

"Okay. Everything all right?" Elizabeth asks.

"I just thought he could use a break," Nadine says. "The baby's teething. Incisors."

Both women wince.

"Those are the tough ones," Elizabeth says. "What's the real reason?" Nadine takes a breath.

"I recently found out my son is there," she says.

"Your son?" Elizabeth asks, surprised.

"From a brief affair when I was touring Europe with a dance troupe," Nadine explains.

"Dance troupe?" Elizabeth asks.

"Before law school," Nadine replies.

"You and I really should have

gone out for a drink at some point," Elizabeth says.

This is why I watch this show. Yeah, yeah, it's about international events — ambassador trade agreement embargo diplomacy blah blah. What it's really about is how women navigate their careers/personal lives.

Elizabeth is a diplomat — but aren't we all, when it comes to massaging bosses' egos, managing underlings and trying to keep our families from resenting us too much. Women in power talk about teething. Right on.

After this, we cut to Elizabeth at home, lugging a suitcase down her stairs in heels, while her husband and daughters sit a metre away at the breakfast table, immersed in their phones. "Okay, I'm off to the treaty signing in Myanmar!" Elizabeth trills. No one even looks up. Every working mother has played that scene.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Téa Leoni and Bebe Neuwirth in *Madam Secretary*. CONTRIBUTED

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MEET THE CONDO

# LIDO: More than just location

## Project overview

LIDO — which is Italian for beach, shore or sand — is located in the heart of Kensington, just a short stroll away from popular cafés & bistros, eclectic boutiques, river pathways, and other essential amenities. Available suites range from one bedroom to three bedrooms with two bathrooms.

## Housing Amenities

Included is a common roof-top patio with expansive downtown views and a gas fireplace and other amenities. The main floor has seven boutique-style shops and cafes, which will add to the vibrancy of Kensington.

KRISTA SYLVESTER/FOR METRO

## In the neighbourhood

Kensington is constantly recognized as one of Calgary's Best Neighbourhoods and is a very desirable location. Plenty of boutique shops, coffee houses, restaurants, pubs, and everyday amenities like grocery stores, pharmacy, and schools highlight this highly-coveted community.

## Location and transit

Walking distance to downtown, located right along the river pathways, brief walk to C-train station and bus routes. With a walk score of 98, Kensington is known for its cafes, pubs and shops. It's also very conveniently located close to Memorial Drive and the Trans Canada highway.

### LIDO BY BATTISTELLA



CONTRIBUTED

## + NEED TO KNOW

**What:** LIDO by Battistella

**Builder:** Battistella Developments

**Architect:** IBI Group

**Interiors:** Mid-century modern — Designed by Connie Young

**Location:** 1087 2nd Ave NW

**Building:** Mixed use – eight-storey concrete and glass mid-rise.

**Sizes:** Ranges between 462 to 1469 square feet.

**Pricing:** Starting price at \$289,000 (including GST)

**Suites:** Available suites include one bedroom, one bedroom plus den, two bedrooms and two baths, three bedrooms and two bathrooms

**Status:** Under construction with estimated possessions fall of 2016.

**Sales centre:** 1120 Kensington Road N.W

**Hours:** Saturday/Sunday 11 a.m. to 5 p.m. or by appointment

**Phone:** 403-452-9268

**Website:** [battistella.ca/lido](http://battistella.ca/lido)

**Email:** [info@battistella.ca](mailto:info@battistella.ca)



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# Marie Kondo strives for 'world peace'

## SPARK JOY

### Queen of tidying up aims high in follow-up

Author of the international best-seller *The Life-Changing Magic of Tidying Up* (Ten Speed Press, 2014), Kondo became famous for advising readers how to transform their lives by sifting through their belongings one by one, embracing those that "spark joy" and bidding a fond but hasty farewell to the rest.

Her new book, *Spark Joy: an Illustrated Master Class on the Art of Organizing and Tidying Up* (Ten Speed), provides illustrations and more detail.

"After I published my first book, a lot of readers came with a lot of questions," the petite, soft-spoken Kondo said in Japanese, after a presentation to a packed auditorium at the Japan Society in New York.

She also has a fresh perspective as a new mother.

"My daughter is only six months old, so my method hasn't changed ... She cannot make a mess yet. What has surprised me most is the amount of stuff a baby needs," Kondo said.

Kondo's earlier book had no illustrations; *Spark Joy* is full of

her charming, child-like drawings of everything from organized kitchen cupboards, to folding techniques for clothes ranging from underwear to frilly blouses to hoodies.

"It is very important that you know how to fold clothes in the correct way," she informed the crowd at the Japan Society, before daintily approaching a demonstration table where a small pile of clothing awaited. For one thing, "make sure you put a lot of love through your palms," she said.

*Spark Joy* includes advice on moving, packing and decorating with tiny, cheerful knickknacks.

She even gives a nod to those who don't thrill to tidying up. Kondo admitted to her New York audience that she regrets some of her earlier zeal in discarding her family's belongings. Or, as she says in the new book, "Only when we accept unconditionally people whose values differ from our own can we really say that we have finished tidying."

While she may have mellowed in some respects, her goals are in no way diminished. Proper tidying up, she happily announced to the rapt audience, brings not only life-changing magic but a sense of joy that can spread from household to household, country to country.

"I believe my method will lead to world peace in the end," she said, smiling sweetly.

THE ASSOCIATED PRESS



Marie Kondo is back with more advice in the illustrated *Spark Joy: an Illustrated Master Class on the Art of Organizing and Tidying Up*. NATSUNO ICHIGO/TEN SPEED PRESS

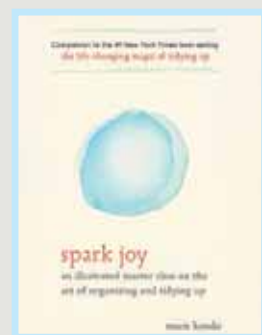
## + THE JOY OF UTILITY

### Don't toss that screwdriver

What about those pesky possessions that fail to spark joy yet are undeniably useful? Well, functionality can be beautiful too.

After Kondo threw out a screwdriver, "I tried using a ruler to tighten a loose screw, but it snapped down the middle. This almost reduced me to tears as it was one I really liked."

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66

**Only when we accept unconditionally people whose values differ from our own can we really say that we have finished tidying.** Marie Kondo

## THE KONMARI METHOD

### The six basic rules of tidying

#### 1 Commit to it

This is going to take time but once your mind is made up, all you need to do is stick to the method and follow through.

#### 2 Imagine your ideal lifestyle

Clarifying how you want to use your space and what you want it to look like are critical parts of the process.

#### 3 Finish discarding first

Don't go out and buy more organizing tools and containers before completing the work of

reducing your possessions.

#### 4 Tidy by category

Instead of tackling your bedroom closet, for instance, gather clothing from everywhere it's located in the house and tackle it as a whole so you can see what you truly have.

#### 5 Follow the right order

According to Kondo, it's clothing first, followed by books, papers, "kimono" (miscellaneous) and sentimental items.

#### 6 Does it spark joy?

Hold each item in your hands to see if it gives you a little thrill. If it doesn't, let it go with thanks for a job well done.

TORSTAR NEWS SERVICE



# Millennial homeowner must-haves

## HOME IMPROVEMENTS

### It's different for generation that grew up on Facebook

It's no real surprise that home improvement trends vary from generation to generation. Presumably, someone once loved that popcorn ceiling you scraped off immediately after moving in.

Same goes for the layers and layers (and layers) of floral wallpaper. As for the floor-to-ceiling wood paneling, well, the '60s gave us many gifts, and nothing in this world is free.

But a new survey from Better Homes and Gardens shows that millennial homeowner trends go beyond paint preferences. According to the study — which looked at 1,600 female homeowners across the U.S. — the 35-and-under set wants more than an on-trend abode.

"Millennials are masters at putting personal expression into execution," says Jill Waage, brand executive editor for Better Homes and Gardens. "They're walking into home ownership

with smart phones in the palms of their hands. They are passionate about the process of discovering, pinning, saving, sharing — and having friends validate — their ideas and look."

How does that translate to a floor plan? Here are some of the survey's most millennially findings.

#### Customize, customize, customize

After coming of age during the rise of social media, the real estate market's newest generation wants a home that speaks to them personally. "Millennials don't know life without being able to set, update, or modify their preferences," says Waage. "From screensavers to photo filters, customization has always been a tap or a swipe away."

Around two-thirds of survey respondents reported that having a customized home was a priority, while 60 per cent said that a space that is "a reflection of me" is more important to them than to their parents. What's more, millennials are willing to pay for it: 44 per cent said that they're happy to pay a premium if it means getting exactly what they envisioned.



Millennials are into DIY projects as a way to save money and show off their personalities. ISTOCK

#### Smart features are a must

More than ever, millennials are incorporating "smart" technology to make their homes more energy-efficient, comfortable and secure.

Of those surveyed, 68 per cent believed that these upgrades were a good investment, while 73 per cent reported feeling more safe because of them.

Smart appliances were the most popular improvement, but less mainstream options are on the millennial radar, as well: 36 per cent of those surveyed said they would like features to track their sleep habits.

#### Work, meet play

As telecommuting becomes more popular and work hours

less traditional, millennials aren't content to work from the couch.

Home offices are a popular improvement project, with 13 per cent of respondents reporting that a work space was on the to-do list. But that's not to say it's all work and no play — compared to previous generations, millennials are also more

interested in improving their recreational areas, particularly outside. On their wish lists: landscape lighting (27 per cent), a fire pit (26 per cent) and comfy, living room-worthy seating (24 per cent). In other words, see you never, plastic lawn chairs.

#### Generation DIY

While millennials might be able to justify paying for personalized pads, this is, nevertheless, a generation that entered the workforce as the economy nose-dived. When the price tag is too high, the Pinterest instincts kick in. "They value home ownership and see it as a good investment, but their budgets are tight and they have to get creative," says Waage.

"The Internet makes it easier to find sources for what they like, watch technique videos, troll for sales, search for deals, and ultimately make a purchase and a plan. Plus, they get to tell all the great stories along the way about where they found the idea, what they plucked from their grandparent's attic, how they adapted it to their own home and made it work within budget." MONICA WEYMOUTH/FOR METRO IN NEW YORK

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## REAL ESTATE

# What's hot on the market



KRISTA SYLVESTER/FOR METRO

## 1 NOW UNDER CONSTRUCTION

**The District by the Berman Group:** The District is a 59-unit condo project that will rise at the corner of 18 Ave. and 2 St. S.W. in the heart of the Mission district. Check out the sales centre at 18 Ave. and 2 St. S.W.

## 2 NOW SELLING

**Park Point Qualex:** Central and connected — everything is here. Local paths, transit, Car2Go and nearby Plus15 skywalk conveniently takes you to any destination. Check out the Park Point Discovery Centre at 301-11th Ave. S.W.

## 3 STILL SELLING

**Savoy by Truman:** Consisting of 50 luxury condos and five townhomes; Savoy is located on the corner of Kensington Road and 19th St. N.W. in the community of West Hillhurst. Visit the presentation centre at 2001, 1st Ave. N.W.

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**SHELTER CANADIAN**



# Childhood coach dishes on making of 'Meatloaf'

**TENNIS**  
**Raonic remembered as 'rambunctious'**



**Luke Simcoe**  
Metro | Toronto

Before he was the Maple Leaf Missile, Milos Raonic's nickname was "Meatloaf."

"I doubt he'd like it if you called him that now," joked his childhood tennis coach, Casey Curtis.

Curtis has known Raonic since he was just an eight-year-old with a racquet in Thornhill, Ont. He coached him for nine years, helping develop the booming serve and driving groundstrokes

that have propelled Raonic into the sport's upper echelons.

Ranked 14th in the world, Raonic's success has shone a spotlight on Canadian tennis. He powered his way to the Australian Open semifinals on Wednesday and will face off against Andy Murray on Friday for a spot in the final.

No Canadian man has ever won a grand slam trophy, but Curtis thinks Raonic has what it takes to beat history.

"It looks like he's playing 20 to 25 per cent better, which is a huge improvement for a guy at that level," Curtis said. "I'm glad he's doing it."



It's what he's capable of."

Raonic has been playing more like he did when he was young, Curtis said, when he tried to emulate the serve-and-volley style of his idol, Pete Sampras.

"I can show you video from when Milos was a kid. His game hasn't changed much," he said. "He may be a

quiet guy, but on the court he's an aggressive player who likes to go for his shots."

That aggression was a problem for the younger Raonic, who Curtis described as "a rambunctious junior" with a "temper."

Carlos Moya, a former tennis pro who is part of Raonic's coaching staff, "has taught him to be a little calmer, not only during matches but also in between matches," Curtis said.

As Raonic preps for his match against Murray, Curtis is offering up a little advice to his old prodigy.

"I'm not sure a 150 km/h kick serve is going to bother Andy. He's going to need to put some pace on it," he said.

Fortunately for Raonic, big serves are his specialty.

## SKIING King of moguls hungry for more

He's gone where no man has gone before in moguls skiing with time to push the envelope even further.

The winningest man in World Cup moguls before his 24th birthday, Canada's Mikael Kingsbury is contemplating what other history he can make in his sport.

"I want to be known maybe one day as one of the greatest in my sport," Kingsbury said Wednesday upon arrival in Calgary.

**7**

**Kingsbury set a record for consecutive wins last season with seven.**

"Getting all the records, maybe one day they won't be beatable because I am still young and I've had a pretty good career so far. I know I haven't reached my peak potential in my sport."

The skier from Deux-Montagnes, Que., has won the overall World Cup men's moguls title four straight years. Kingsbury heads into Saturday's competition at Canada Olympic Park wearing the leader's yellow bib after two victories to open his 2015-16 campaign.

Kingsbury established a new benchmark for all-time moguls wins with his 29th in December and added another last week in Val Saint-Come, Que.

THE CANADIAN PRESS



**Mikael Kingsbury**  
STANKO GRUDEN/AGENCE ZOOM/GETTY IMAGES

## **+** AUSTRALIAN OPEN

Milos Raonic reached the final four in Melbourne for the first time Wednesday with a 6-3, 3-6, 6-3, 6-4 victory over Gael Monfils of France.

Raonic, who is known for his big serve, had just 10 aces to Monfils' 14.

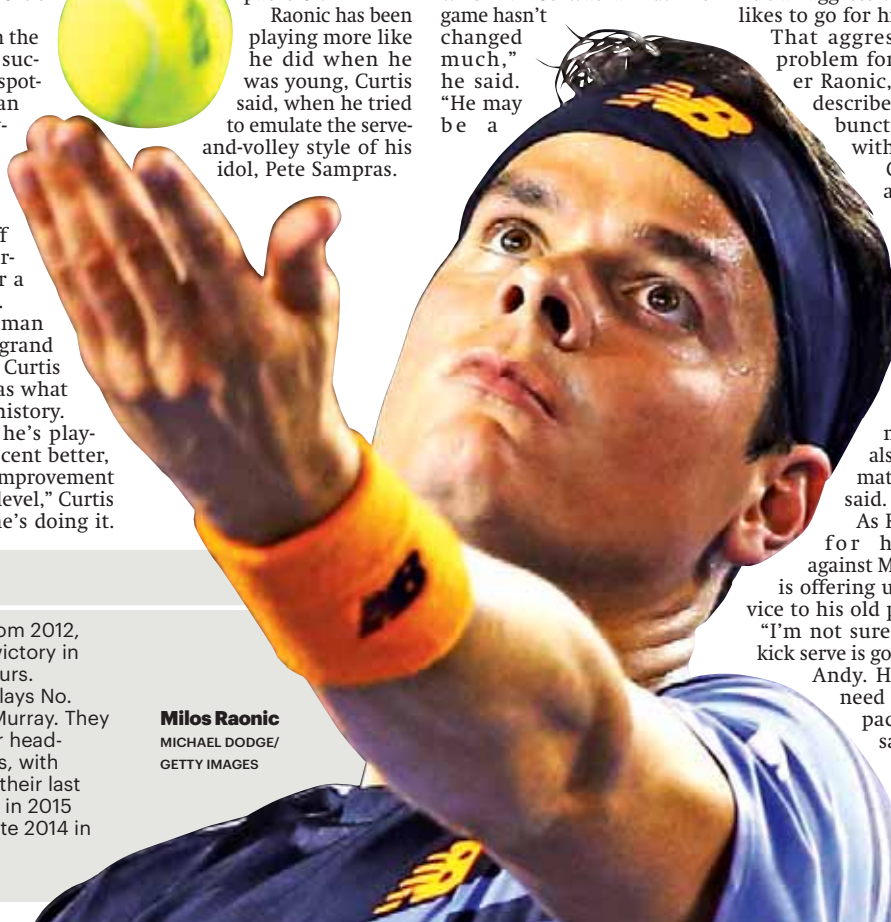
The 25-year-old, who equalled his personal-best winning streak of

nine matches from 2012, completed the victory in just over two hours.

Raonic next plays No. 2-ranked Andy Murray. They are 4-4 in career head-to-head matches, with Murray winning their last two meetings — in 2015 at Madrid and late 2014 in London.

THE CANADIAN PRESS

**Milos Raonic**  
MICHAEL DODGE/GETTY IMAGES



## NHL Stoner pleads guilty in bear-hunting case



**Clayton Stoner** GETTY IMAGES FILE

National Hockey League defenceman Clayton Stoner has pleaded guilty to hunting without a licence in connection with a grizzly bear hunt on British Columbia's central coast.

Stoner, 30, who plays for the Anaheim Ducks, appeared in an Abbotsford, B.C., court on Wednesday to face one charge under the provincial Wildlife Act involving the hunt in B.C.'s Great Bear Rainforest in May 2013. THE CANADIAN PRESS

## **IN BRIEF**



**What do you guys want me to do, turn my brain off because I have a huge basketball IQ?**  
LeBron James on speaking his mind with coaches

## STAMPEDERS

## President added to Huf's job titles

The Calgary Stampeders added the role of president to John Hufnagel's job title Wednesday.

Hufnagel, already Calgary's general manager, was named its president by the Calgary Sports and Entertainment Corporation, which owns the CFL franchise.

Hufnagel replaces Gordon Norrie, who now becomes the Calgary Sports and Entertainment Corporation's vice-president of sports properties, sales and marketing.

In addition, the position director of business operations has been created to assist Hufnagel with his business duties.

Hufnagel has been with the Stampeders since 2008, having served as head coach and GM before naming offensive coordinator Dave Dickenson as the club's new head coach at season's end.

Hufnagel led Calgary to Grey Cup titles in 2008 and 2014 and compiled a 102-41-1 career record. THE CANADIAN PRESS



## RECIPE Chicken Milanese



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This crispy, lemon-y chicken is highly addictive and should only be cooked if you're ready to make it once a week for the rest of your life. You've been warned.

### Ready in

Prep time: 15 minutes  
Total time: 30 minutes

### Serves 4

### Ingredients

- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

### Directions

1. Preheat oven to 400 F.
2. Place tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.
3. With a sharp knife, slice the chicken in half so you end up with four thin cutlets. Place them on a work surface between two sheets of cling film. Use a rolling pin or meat mallet and pound until cutlets are 1/4-inch thin.
4. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip each piece of chicken into the egg, then press them on each side in the panko mixture and place on a clean plate.
5. Pour olive oil in skillet over medium heat. Place chicken in the hot oil and cook on each side until they're golden brown and crispy, about 5 minutes a side.
6. Serve with fresh arugula and roasted cherry tomatoes.

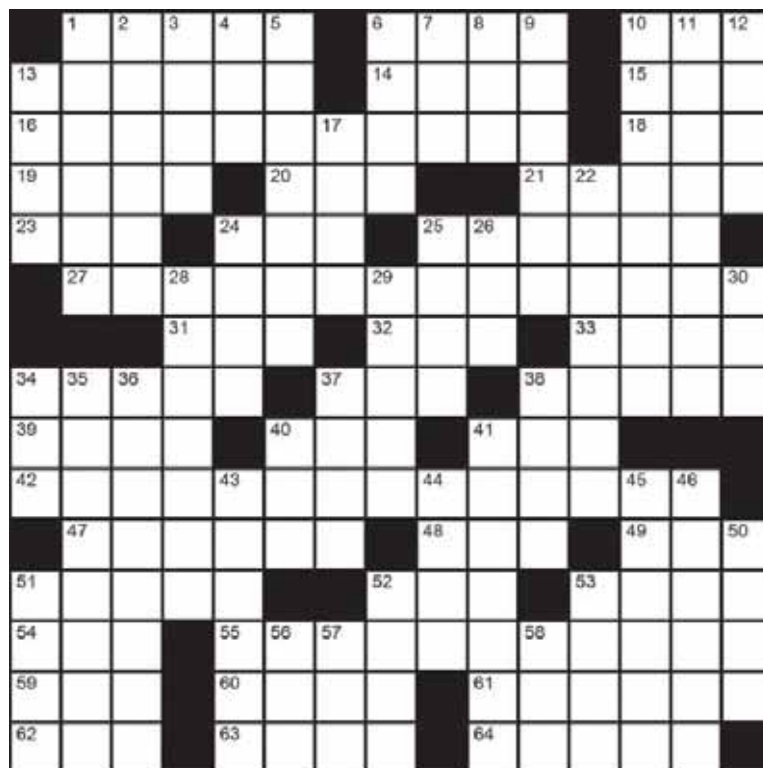
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Sampled
6. Alpha, \_\_, gamma...
10. "Law & Order: \_\_"
13. TV personality Ms. Shepherd
14. Awestruck
15. Never: German
16. As per #27-Across... \_\_ citizen
18. Basketball's li'l Magic city
19. Barge \_\_ (Intrude)
20. Shed tool
21. Play it up on stage
23. Green places in cities [abbr.]
24. \_\_ dropping
25. "Calling Occupants of Interplanetary Craft" is a song by Canadian band \_\_ that The Carpenters covered in 1977
27. It says only a #16-Across is eligible for Office of President: acr. + wd.
31. Egg layer
32. Mr. McMahon's
33. D'Urbervilles heroine
34. Mr. Martin (Cold-play singer)
37. Angry
38. Cast
39. Judge
40. Games org.
41. Superstar
42. Tom Cochrane hit: 4 wds.
47. Sparks of light
48. Little: French
49. Cave
51. Treaty of \_\_ (War



of 1812 finisher)  
52. Web feed syst. for updates  
53. Rattle  
54. Sen. Ted Cruz ( \_ \_ ): 2016 Presidential candidate who came into the world in Canada in 1970, that's why #27-Across has been

in headlines lately  
55. Start of the American document at #27-Across created in 1787: 3 wds.  
59. Riddle-me-\_\_  
60. "Rolie Polie \_\_"  
61. GM car safety system  
62. Medical pros

63. Actress Ms. Ward  
64. Breakfast serving

### DOWN

1. Alanis Morissette song: wd. + letter  
2. Flip the coin again

3. Lady Antebellum's " \_ \_ to You"  
4. Be mistaken  
5. Actress Ms. Carroll  
6. Styx tune  
7. Self-importance  
8. Leafs, on scoreboards  
9. Lamb: French

10. Even more snobby  
11. Skilled violinist  
12. River to the Ubangi  
13. Cut  
17. Un-highs  
22. Actor Mr. Perry  
24. Pesci and Piscopo  
25. Captain \_\_ (17th-century sailor)  
26. Mil. officers  
28. Add one's opinion to the debate: 2 wds.  
29. Instruct  
30. Australian state [acronym]  
34. Gladiator's 450  
35. Intensify  
36. Automatic re-actions  
37. Extinct flightless birds  
38. "Ac-Cent- \_\_ Ate the Positive"  
40. 'Lobby' suffix  
41. Laser target in a dermatologist's office, perhaps: 2 wds.  
43. How animals boarded Noah's Ark: 2 wds.  
44. \_\_ dixit (Un-proven claim)  
45. Adjusts  
46. Loudly scold: 2 wds.  
50. Not ever, poetically  
51. Rover's warning  
52. Ms. Perlman  
53. Pink: Spanish  
56. 'Client' ending (Patronage)  
57. Up to, poetically  
58. Antacid brand

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Don't back off. The only way you are going to get past your problems is by rolling up your sleeves and getting stuck in to whatever it is that is making you feel blue.

**Taurus** April 21 - May 21  
Your social life will get a boost-and there's a possibility that love will come into your life — you will certainly meet someone who gets your pulse racing. It may not be the love of your life, but it will be fun!

**Gemini** May 22 - June 21  
You are living beyond your means and must make the necessary adjustments. They will be even more painful in the long-term if you don't make them now.

**Cancer** June 22 - July 23  
You have to be ruthless with those who seem to get a kick out of making life difficult for you. Both in your personal life and at work don't be afraid to cut ties that hold you back.

**Leo** July 24 - Aug. 23  
There are times when even a Leo knows they must bend with the breeze. The winds of change are simply too strong for you to resist any longer. It's time for a change!

**Virgo** Aug. 24 - Sept. 23  
You're in one of those moods — you enjoy stirring up trouble. There's something in the Virgo nature that delights in creating chaos. You're sure to say or do something that causes an uproar today.

**Libra** Sept. 24 - Oct. 23  
You're willing to fight for what you believe in, and that's good because you will be challenged by someone who disagrees strongly with your opinions today. Don't give them an inch — there is no middle ground!

**Scorpio** Oct. 24 - Nov. 22  
Someone will come into your life and open your eyes to new possibilities. They'll remind you that, important as your own affairs are, there is a world out there that cannot be ignored.

**Sagittarius** Nov. 23 - Dec. 21  
You seem to prefer the dream world inside your head to the real world around you. What happens next will remind you that the real world is not such a bad place.

**Capricorn** Dec. 22 - Jan. 20  
Look back over the past few months and ask yourself what you actually achieved. Rather a lot, most likely, so why are you still feeling down? Snap out of it because new opportunities are coming. Be ready for them.

**Aquarius** Jan. 21 - Feb. 19  
Your head is full of great ideas but they must stay there; you won't have the chance to follow up on them for a while. Even if you miss one opportunity there will always be another.

**Pisces** Feb. 20 - March 20  
Focus on what it is that you do better than anyone else. The more narrow your range the more successful you will be. If an issue doesn't concern you directly you must ignore it.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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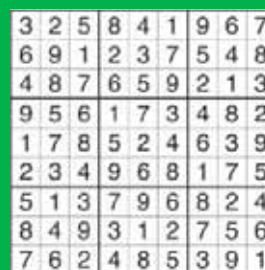
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